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## The Cancer Recovery Pyramid: Nutrition Resource #3

# Cancer Recovery Meal Plans

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Here are two options, one based on three meals per day and a second on several mini-meals a day. With creative substitutions, you will find an ample array of healthful choices in your nutritional program.



### “Three Squares” a Day

#### Meal #1

<b>OPTION A:</b> Scrambled egg whites with red peppers and onions Tomato slices Orange Herb tea	<b>OPTION B:</b> Oatmeal Soy milk Blueberries Ginger tea
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#### Meal #2

<b>OPTION A:</b> Chicken caesar salad with whole grain croutons Carrot sticks with hummus Iced green tea	<b>OPTION B:</b> Veggie burger with whole grain bread Mixed green salad Fresh tomato juice
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#### Meal #3

<b>OPTION A:</b> Baked eggplant Whole grain dinner roll Steamed broccoli Mixed green salad Apple slices	<b>OPTION B:</b> Wild salmon Brown rice Mashed Cauliflower Greek salad Fresh plums
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### Six “Mini-Meals” a Day

#### Meal #1

<b>OPTION A:</b> Fresh tomato juice Whole wheat bagel/ peanut butter	<b>OPTION B:</b> Grapefruit Hard-boiled egg
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#### Meal #2

<b>Option A:</b> Mixed green salad	<b>Option B:</b> Non-fat yogurt
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#### Meal #3

<b>Option A:</b> Vegetable soup Cheese	<b>Option B:</b> Mixed green salad Almonds
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#### Meal #4

<b>Option A:</b> Protein bar (low-sugar)	<b>Option B:</b> Apple
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#### Meal #5

<b>Option A:</b> Herb-encrusted fish Mixed green salad	<b>Option B:</b> Roast turkey breast Mashed Cauliflower
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#### Meal #6

<b>Option A:</b> Non-fat greek yogurt	<b>Option B:</b> Celery sticks with hummus
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